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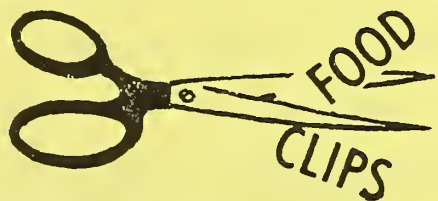
Food and Home Notes

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Most canned meat products will last for a long time if properly stored. However, USDA home economists suggest, if you open the canned meat, refrigerate and use within a few days.

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Gravy and meat broth are highly perishable and should be cooled quickly, then refrigerated immediately. Store only 1 or 2 days in the refrigerator.

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A good, useful, anytime gift is a meat thermometer....especially if you like beef cooked rare. Beef is considered rare when roasted to 140, medium at 160, and well done at 170...These are internal temperatures taken in the center of the roast.

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Did you know that aged meat cooks slightly faster than fresh meat. Boned and rolled roasts require more cooking time per pound than roasts with bone in.

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Need quick energy? Don't forget dried fruits such as raisins and apricots.

THE FLOWER MARKET

..IS RISING

In the good ole days if you wanted to buy flowers you went to a florist shoppe. Where do you go now? Maybe the drugstore, the supermarket, the department store, or, even the bowling alley--you name it. That's where you can buy anything from cut flowers through a hanging pot to a good-sized potted plant.

But, did you know that the wholesale value of foliage plants shot up faster than any other crop last year? It advanced last year by 28 percent which was up \$236 million, according to the Statistical Research Service of the U.S. Department of Agriculture.

Records on ornamental crops dating back to 1957 show that California supplied the Nation's biggest share with a crop value at \$200 million. Florida ranked second with a sale of most gladioli and foliage plants. Their worth was around \$147 million. The most popular plants appear to be carnations, standard and miniature, chrysanthemums, gladioli, roses, snapdragons, poinsettias, geraniums, Lillies, hydrangeas, and bedding plants.

ON ENERGY

...AND SAVING WATER

How much water do you use in a day? The amount is likely to be 60 gallons per person per day--a figure that has tripled since 1900.

Water conservation tips suggested by the Extension Service, U.S. Department of Agriculture include---

Personal Care:

- * Urge family members to take showers instead of tub baths. Baths take as much as 30-50 gallons of water. Showers use 5-15 gallons of water per minute.
- * Cut down on the number of showers taken. Replace some of them with sponge baths using a small amount of water in a basin.
- * Limit shower time to 2 minutes or less.
- * Relax with massage, stretching, or exercises instead of showers to save water.
- * Turn off shower water while you apply soap to body or lather hair.
- * If possible, close bathtub drain during shower so that all the water stays in the tub. Use this to flush the toilet or water outdoor plants.
- * Encourage children to change into play clothes after school so that school and play clothes can be worn several times.

Meal Service:

- * Chill water in bottles in the refrigerator to avoid running water. Shake bottle before serving to incorporate air in the water so that it doesn't taste flat.
- * Put drinking water on the table only if people really drink it.

House Plants:

- * Use rinse water saved from bathing or clothes washing to water indoor plants. Do not use soapy water on indoor plants. It could damage them.
- * Water indoor plants only when needed. Too much water can damage plants.

Outside the Home:

- * Car washing can use a lot of water. You may have to lower your standards and wash the car less often.
- * Use a bucket of sudsy water to remove soil from the car. Hose down only as a final rinse.
- * Take advantage of a soft summer rain to wash your car. Get out there with soap and a sponge!
- * If water supply permits use of outdoor pool, cover the pool when it's not being used to prevent evaporation.
- * Clean the swimming pool filter often. Then you won't have to replace the water as often.

(Continued on p. 4)

ON FOOD RESEARCH ...AND CEREAL PROTEIN

Corn germ flour..a little known, but well-researched flour refined from germ meal..has been tried and taste-tested by U.S. Department of Agriculture scientists. It has nearly as much protein as hamburger according to chemists at the Agricultural Research Service Laboratory in Peoria, Ill., where the studies were conducted.

High-protein corn germ flour, made by grinding up the portion of the corn germ that remains after corn oil is extracted, is a residue generally used in the past for animal food. The "new" flour has been used to improve the nutritive composition or physical properties of many foods without affecting their acceptability. It has even replaced up to 25 percent of the all-purpose flour called for in recipes for cookies and corn meal muffins....and considered acceptable in color and flavor by a taste-testing panel. Chemists Charles W. Blessin, Dr. George E. Inglett, William J. Garcia and Wilbur I. Deatherage, of the Agricultural Northern Marketing and Nutrition Research Laboratory, Peoria, Ill., conducted the studies.

This flour provides the first actual use of corn as a protein fortifier. The flour has the advantage of having traditional flavor of a corn product; no doubt it will be used as a flavor alternative to soybeans, said one of the chemists. The flour is about a fourth protein, half carbohydrate, and a tenth mineral. It contains about four percent of fiber and half of a percent of fat. The mineral composition includes a greater proportion of iron than is in enriched wheat flour.

The development of high-protein corn germ flour as a new source of protein was given top honors in the 1977 Food Processing Awards by the trade publication.

SAVING WATER (CON'T)

Outside the Home:

- * Soapy water that comes from soap you can use on your skin is OK for out-door plants. Do not use water with bleach or borax compound in it on plants. It could damage them. Rinse water can be used on outdoor or indoor plants.
- * If water is rationed or otherwise restricted, lawns and annuals should receive the lowest priority for outside watering. Trees and shrubs are more expensive to replace and should receive any available water.
- * "Mulch" to retain moisture in the soil. Spread leaves, lawn clippings, newspapers or plastic around plants. Mulching also controls weeds that compete with garden plants for water.
- * Try "trickle" or "drip" irrigation systems in outdoor gardens. These methods use 25-50 percent less water than hose or sprinkler methods. A tiny plastic tube runs along the ground near plants. The trickle system provides many tiny holes to water closely placed plants. The drip system tubing contains holes or openings at strategic places for tomatoes and other plants that are more widely spaced.
- * If you are using a garden hose or sprinkler, water the garden less frequently but water it thoroughly. Don't let water run down driveway or street.
- * Use a broom, not the hose, to clean the garage, the sidewalks and the driveway.

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